

# 8th TSC welcomes 'new' logistics support vessel

Honolulu District Department of the Army ACTEDS program recent graduates are also volunteering to judge events at the Hawaii State Science Olympiad, March 3, at Leeward Community College.



HAWAII

ARMY

WEEKLY

Vol. 47, No. 6

The HAW is an authorized newspaper, produced in the interest of the U.S. Army community in Hawaii by the U.S. Army-Garrison Hawaii Public Affairs Office. Contents of the HAW are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

The HAW is printed by the Honolulu Star-Advertiser, a private firm in no way connected with the U.S. Govt., under exclusive written agreement with U.S. Army, Hawaii.

The HAW is published weekly using the offset method of reproduction and has a printed circulation of 15,300. Everything advertised herein shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

The appearance of advertising herein, including inserts and supplements, does not constitute endorsement by the Dept. of the Army, or the Honolulu Star-Advertiser, of the firms, products or services advertised.

Commander, U.S. Army Garrison-Hawaii

Col. Stephen E. Dawson

Garrison Command Sergeant Major

CSM Lisa C. Piette-Edwards

Director, Public Affairs

Dennis C. Drake

656-3154

Chief, Internal Communication

Aiko Rose Brum, 656-3155

editor@hawaiiarmyweekly.com

Pau Hana Editor

Jack Wiers 656-3157

community@hawaiiarmyweekly.com

Staff Writer and Photo Editor

Karen A. Iwamoto 656-3150

reporter@hawaiiarmyweekly.com

Layout

Kristen Wong

layout@hawaiiarmyweekly.com

Advertising: 529-4700

Classifieds: 521-9111

Address:

Public Affairs Office

745 Wright Ave., WAAF

Building 107, 2nd Floor

Schofield Barracks, HI 96857-5000

Website:

www.hawaiiarmyweekly.com

Nondelivery or distribution

656-3155 or 656-3488

Contributing Commands

U.S. Army-Pacific

Russell Dodson, 438-2662

25th Infantry Division, & 25th Sustainment Brigade, & 25th Division Artillery

LTC Curtis J. Kellogg

655-6350

2nd Brigade Combat Team

MAJ Karen Roxberry

655-0738

3rd Brigade Combat Team

CPT Eric D. Hudson

655-9526

25th Combat Aviation Brigade

SGT Ian Morales

656-3207

8th Theater Sustainment Command

MAJ Lindsey Elder

438-0944

8th Military Police Brigade

SFC John Brown

655-5630

311th Signal Command (Theater)

CPT Liana Kim, 787-4095

94th Army Air & Missile Defense Command

SFC Claudio Tejeda Valerio

448-1556

9th Mission Support Command

Crista Mary Mack

438-1600, ext. 3114

18th Medical Command (Deployment Support)

SSG Luisito Brooks, 437-4737

Tripler Army Medical Center

James Guzior, 433-2809

U.S. Army Health Clinic-Schofield Barracks

Ramee L. Opperude, 433-8750

U.S. Army Corps of Engineers-Honolulu District

Dino Buchanan, 835-4003

500th Military Intelligence Brigade

SGT Shameeka R. Stanley

787-6824

599th Transportation Brigade

Donna Klapakis, 656-6420

USAG-Pohakuloa

Eric Hamilton, 808-969-2402

Road closures support traffic signal

KAREN A. IWAMOTO

Staff Writer

SCHOFIELD BARRACKS

— Motorists who travel in the vicinity of the U.S. Army Health Clinic-Schofield Barracks (USAHC-SB) should be aware of upcoming traffic delays due to road closures starting Feb. 26 and running until April 20.

The closures are to support the installation of a traffic signal at the intersection of Waianae Avenue and McCornack Road. The eight-week-long project will be broken into four phases of approximately two weeks each.

●**Phase 1:** Feb. 26-March 9 is closure of McCornack Road between Waianae Avenue and the USAHC-SB parking driveway. No through traffic on McCornack Road with through traffic permitted on Waianae Avenue.

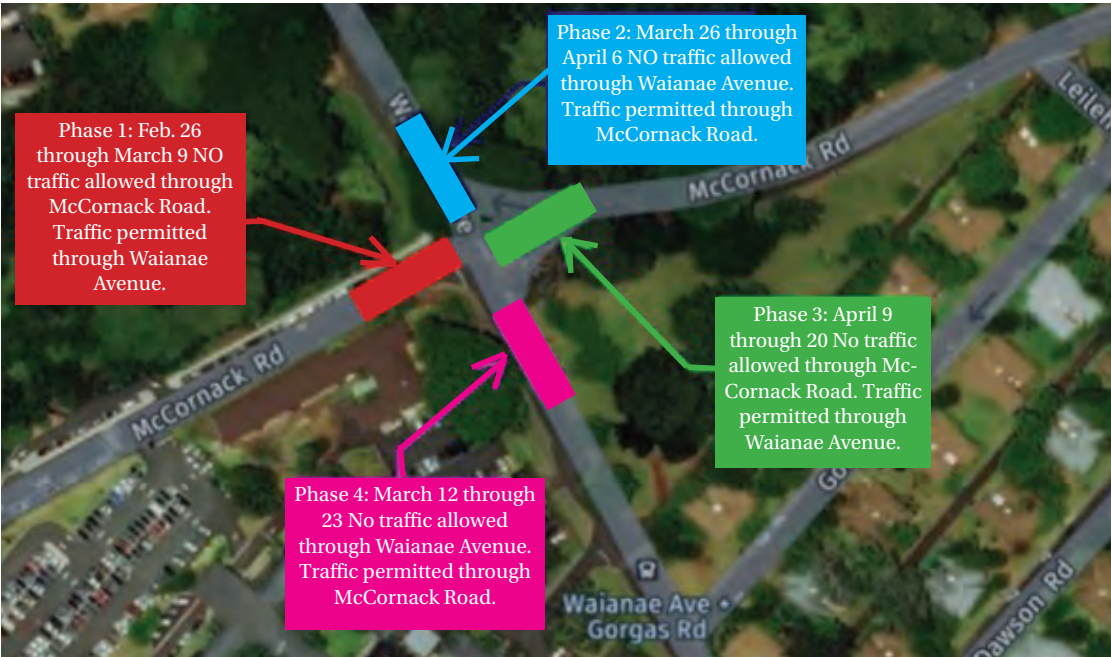
●**Phase 2:** March 26-April 6 is closure of Waianae Avenue between McCornack Road and Ayers Avenue. No through traffic on Waianae Avenue with through traffic permitted on McCornack Road.

●**Phase 3:** April 9-20 is closure of McCornack Road between Waianae and Leilehua avenues. No through traffic on McCornack Road with through traffic permitted on Waianae Avenue.

●**Phase 4:** March 12-23 is closure of Waianae Avenue between McCornack Road and the USAHC-SB parking driveway. No through traffic on Waianae Avenue with through traffic permitted on McCornack Road.

The traffic signal will improve vehicle flow in the area, which is expected to increase once the USAHC-SB parking garage opens later this year, said Dean Miyamoto, civil engineer with the Project Management Branch of the Directorate of Public Works, U.S. Army Garrison-Hawaii.

Today, the intersection is a four-way stop. Ultimately, the traffic signal and the parking garage will improve access and



Map courtesy of the Directorate of Public Works, U.S. Army Garrison-Hawaii

The map, above, shows the four phases of construction that will be underway from Feb. 26 through April 20.



Photo by Spc. Peter Sky, 28th Public Affairs Detachment

A Deere tractor rests on the dirt, as Swinerton Builders Government, a division of Swinerton Builders, have been excavating and constructing a new parking structure within an area neighboring McCornack Road and the USAHC-SB, before and after May 24, 2017.

travel in the area, he added, citing a traffic study done by the company contracted to build the parking garage.

Currently, the area, which is also home to the Exchange, the Schofield Barracks Commissary, the USAHC-SB and the new Army Community Service build-

ing, among other organizations, is often congested, and limited parking is shared among all of the area buildings.

The approximately \$26.5 million four-level USAHC-SB parking structure will provide the clinic and surrounding area with about 430 additional parking

stalls.

Once the parking garage and traffic signal are installed, congestion in the area should decrease, said Greg Hinkle Sr., DPW Operations officer, adding that he hopes the community will look to the long-term benefits, not the short-term inconvenience.

“We’re doing everything we can to make it better on the installation,” he said, adding that he regularly hears complaints about parking and traffic in the area. “But we’re a growing installation, and some of this is going to take time.

“We need the community’s patience; we need them to support us as we get this work done. At the end of the day, it’s all about getting the Soldiers and the families what they want. It just takes time,” Hinkle explained.

Updates to road closures related to the traffic signal installation project will be published in this newspaper, on the USAG-HI Facebook page and on USAG-HI’s electronic message boards.

Joint training w/HPD develops K-9, handler skills

Story and photos by

SGT. 1ST CLASS WYNN A. HOKE

8th Theater Sustainment Command

Public Affairs

SCHOFIELD BARRACKS — For military working dogs and their handlers, it is especially crucial for both to be able to work in any environment, any situation.

The 520th Military Working Dog Detachment seized the opportunity to work on urban combat tactics with the Honolulu Police Department K-9 unit, Feb. 8, at the Combined Training Facility urban operations training site, here.

“We have been working for a while to get joint training with HPD and their SWAT K-9 group, as well as the (Transportation Security Agency) and special response teams,” said Staff Sgt. Jeremy D. Coleman, the 520th MWD Detachment kennel master. “Being able to implement our dogs for (special response teams), if the situation arises. Having that training prior to execution is essential.”

Incorporating the MWD and handler into a stack formation or SWAT formation when entering a building for search and seizure or apprehension is a tactic new to the detachment. This training will allow the integration of an MWD and handler into Schofield Barracks Police SWAT situations.

“If the dog is never exposed to it, he may or may not freak out



The 520th MWD Detachment and HPDs K-9 unit conduct joint training, Feb. 8, at Schofield.

or may or may not search,” Coleman said. “The best time to find that out is here during the training rather than downrange. Our takeaways are knowing what our dogs’ weaknesses are when getting in the stack and building on that.”

Becoming a better team

Sgt. Molly M. Montoya, an MWD handler with the 520th MWD Detachment, learned firsthand what the Honolulu police could bring to the training.

“HPD is super experienced with implementing a dog team into their stack, and all their SWAT teams have dogs,” Montoya said. “They taught the Schofield Barracks SWAT Team



The training, above, emphasizes best practices when using an MWD within a stack formation while entering and clearing a building.

and the canine handlers how to incorporate our dogs into their stack, so we can become a more efficient team here for Schofield (Barracks) and Fort Shafter.”

The second portion of the training had the HPD handlers and K-9s honing their explosives search skills within several multistory buildings without combat simulated noises like explosions and small arms fire. Simulated combat noise was added later to continue training tactical explosive detector dogs and their handlers in the types of situations they might find themselves in.

“You come in, and whether you run the scenarios really well (or not), there are always something to take from it,” Montoya

said. “My dog and I are an experienced canine team, but there is always room for improvement.”

Coleman explained that training has to adapt just like the enemy does. To implement this, he tied a dog toy that the handlers are often seen with to a simulated explosive to see if the dog and handler would recognize the threat. In some cases, the dog went straight to the toy, setting off the simulated explosion.

“The takeaway from the tactical downrange side is what the handlers need to focus on, more so than just finding explosives,” Coleman said. “If they are not checking ... or constantly watching ..., the dog could set off the device.”

Voices of Ohana

Because Monday is President’s Day, we wondered, “What characteristics do you value in a president and why?” By 500th Military Intelligence Brigade-Theater Public Affairs

“Someone who is able to provide leadership and can be trusted wholeheartedly with any decision they make that impacts me directly or indirectly.”

**Sgt. 1st Class Cedric Brown**  
Brigade Logistics contract manager  
HHD 500th MIB-T

“Compassion because it’s important to see the bigger picture since you have the ability to make decisions that can affect a whole nation.”

**Staff Sgt. Darryl Duvergals**  
Chaplains assistant  
HHD 500th MIB-T

“Leadership and transparency so that people will trust you and the influence you have on other countries.”

**Spc. Joshua Garcia**  
Information technology specialist  
HHD 500th MIB-T

“Trust and responsibility so that he or she will make decisions for the right reasons.”

**Spc. John Peters**  
Signals Support Systems specialist  
HHD 500th MIB-T

“Honesty and always have other people’s best interest at heart.”

**Sgt. Hector Zamot**  
Supply sergeant  
HHD 500th MIB-T



# Aviators, medical practice life-saving drills

Story and photo by  
**STAFF SGT. LUISITO J. BROOKS**  
18th Medical Command Public Affairs

FORT SHAFTER — Maj. Justin Spears and his aid and litter team heard the thunder from the approaching Black Hawk before they saw it.

“When I heard that bird approaching, I started to have flashbacks from my last deployment,” said Spears, a chief nurse of the advanced life support team. “We all felt this sense of reality because we know this training will save somebody’s life one day.”

Soldiers from the 8th Forward Surgical Team, 18th Medical Command (Deployment Support), partnered with Charlie Company, 3rd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, 25th Infantry Division for a medical training exercise at Schofield.

Spears, who is assigned to the 8th FST, said training on medical operations with aviation units is crucial to being ready in a deployment environment.

“Our mission is to be able to set up a field hospital within 90 minutes to receive patients and provide them with emergency medical services or perform far forward surgery anywhere in the world,” said Spears. “Not too many people know how important communication is between medical and aviation, but we know just how important this mission is in saving someone’s life.”

He explained that his unit’s purpose in a deployment environment is to provide medical treatment to personnel wounded in combat who can’t survive the full trip to a combat support hospital.

“We must work tightly with the aircraft crew,” said Spears. “Everything has to be smooth to give the patients the best chances of pulling through.”

Sgt. Joseph Jordan, the C Co., 3-25th Avn. Regt., 25th CAB flight medic, immediately approached the 8th FST aid and litter teams when the aircraft touched down.



**Soldiers from the 8th FST, 18th MEDCOM (DS), transport a simulated injured patient from the Black Hawk to a field hospital at Schofield Barracks.**

“We have to follow the instructions of the flight medic because they are the bridge between the pilot, the patients and us,” said Spears. “The flight medic did a great job working together with us.”

The simulated patients were transported to a cluster of green tents full of other medical personnel that would provide lifesaving treatment.

“We had a lot of people in the tents because we had most of our unit, and we had observer controllers (OC) from Tripler (Army) Medical hospital and the 18th

MEDCOM,” explained Spears. “The job of an OC is to evaluate us on how we performed during the exercise.”

Staff Sgt. Gloria Najera, the operating room technician, said communication is essential.

“Communication is key to this high optempo environment. We can’t be afraid to be very direct with anyone in the tent because lives are on the line,” she said. “We can’t take things personally when people are yelling at you and around you because the most important thing is stabilizing the patients.”

# Warriors from 2-14th Cav. Recon get back to basics

Story and photo by  
**STAFF SGT. DAVID N. BECKSTROM**  
2nd Brigade Combat Team Public Affairs  
25th Infantry Division

SCHOFIELD BARRACKS — Reconnaissance cavalry scouts are considered the eyes and ears of the battlefield commander. When a higher unit requests information about the enemy and their capabilities, scouts gather that information.

They constantly train to remain proficient in these specialty tasks, but to be truly successful, they must be confident and proficient in their basic Soldier tasks, skills and drills.

That was the focus for troopers assigned to Charlie Troop, 2nd Squadron,



**Left — Soldiers with C Troop, 2nd Sqdn., 14th Cav. Regt., 2nd IBCT, 25th ID, conduct a squad live-fire training event, sharpening their warfighting skills, Jan. 29-Feb. 1.**

14th Cavalry Regiment, 2nd Infantry Brigade Combat Team, 25th Infantry Division during a live fire training event, here, Jan. 29–Feb. 1.

“Since we are so close to the enemy fighting positions, we need to stay proficient at our basic warrior tasks and drills in order to ensure mission success,” said Pfc. Alexander D. Rice, a radio transmission operator with C Troop 2-14th Cav. Regt. “Plus, we are still Infantry. If we don’t practice these basics, they will get rusty, and if we were to ever have a real world issue like this, I don’t want to have to worry about my skills nor my teams.”

When their scouts are able to perform even the most basic skills on the battlefield, commanders can be comfortable in knowing they can rely on them to do whatever is necessary to be mission successful.

Taking it back to basics, the training event was designed to sharpen skills, such as conducting maneuver drills, executing medical evacuations, performing casualty care and enemy prisoner of war operations.

“Being able to conduct kinetic missions allows us to have a wider range of capabilities on the battlefield,” said 1st Lt. John E. Bolen Jr., a recon platoon leader with C Troop, 2-14th Cav. Regt.



3RD BRIGADE COMBAT TEAM AT JOINT READINESS TRAINING CENTER



Photos by Staff Sgt. Armando R. Limon, 3rd Brigade Combat Team, 25th Infantry Division



**FORT POLK, LOUISIANA** — At left, Staff Sgt. Michael Difrancia, a cannon section chief assigned to Battery B, 2nd Battalion, 11th Field Artillery Regiment, 25th Division Artillery, 25th Infantry Division, inspects the range finder of an M119A3 howitzer, here, Feb. 6.

Soldiers assigned to the 25th ID are participating in an annual rotation at the Joint Readiness Training Center, here.

At far left, cannon crewmembers assigned to Battery B, 2nd Bn., 11th FAR, 25th DIVARTY, 25th ID, ensure a breach block of an M119A3 howitzer is properly installed, here, Feb. 6.

PRACTICING INFANTRY BATTLE DRILLS



Sgt. Misael Gomez, an infantryman assigned to Co. A, 2nd Bn., 35th Inf. Regt., 3rd BCT, 25th ID, plants himself on the ground after rushing during battle drill training, here, Feb. 5.



Photos by Staff Sgt. Armando R. Limon, 3rd Brigade Combat Team, 25th Infantry Division  
**FORT POLK, Louisiana** — Infantrymen assigned to Company A, 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, ready themselves prior to simulating a room clearing scenario, here, Feb. 5. The 3rd BCT is participating in a rotation at the Joint Readiness Training Center, here.

PROVIDING CULINARY SPECIALTIES



Photos by Staff Sgt. Armando R. Limon, 3rd Brigade Combat Team, 25th Infantry Division



**FORT POLK, LOUISIANA** — A culinary specialist assigned to 2nd Battalion, 27th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, serves up breakfast inside a field kitchen, here, Feb. 6.

At left, a culinary specialist assigned to 3rd Battalion, 7th Field Artillery Regiment, 25th Division Artillery, 25th ID, places breakfast steaks on a grill inside a field kitchen, here, Feb. 6.



# Outrigger canoeing strengthens partnership

Story and photo by  
**1ST LT. RYAN DEBOOY**  
2nd Infantry Brigade Combat Team  
Public Affairs  
25th Infantry Division

HONOLULU — A canoe isn’t a tactical military transport vessel and water balloons aren’t precision munitions, but they created a fun atmosphere for two of the world’s greatest military allies.

U.S. Army-Pacific hosted an outrigger canoe team-building event with members of the British Army, Jan. 25 and 30, at Keehi Lagoon, here.

Soldiers assigned to Bravo Company, 1st Battalion, 27th Infantry Regiment, 2nd Infantry Brigade Combat Team, 25th Infantry Division had a unique opportunity to be a part of the event.

“We are here to support an event that USARPAC put on, to have a good time and build relationships with our British partners and within our own company,” said U.S. Army Capt. David Zelaya, commander of B. Co., 1-27th Inf. Bn. “I’ve got my squad leaders, platoon leaders and platoon sergeants all having a good time, but more importantly, building the bonds that we’ll need during times of stress.”

Zelaya used the event to reward Soldiers who had demonstrated exceptional performance.



The outrigger canoeing boat team pulls their canoe out of the water after the team-building exercise in Keehi Lagoon in Honolulu, Jan. 30. In an effort to strengthen international relationships, USARPAC hosted personnel from the British Army to participate in the team building exercise facilitating outrigger canoeing.

“Today provides the Soldiers a great opportunity to come out here and experience something they wouldn’t be able to do unless they were stationed in Hawaii,” said U.S. Army 1st Lt. James Cjeka, executive officer of B. Co., 1-27th Inf. Bn.

Col. Mike Burns, USARPAC deputy

chief of staff, organized the event with the British Army and the nonprofit Ka Mamala Hoe Canoe Club.

“We put them in some canoes – some wa’as – with all our different volunteers from Ka Mamala Hoe as our steersmen and just let them go loose a little bit,” said

Allegra Thompson, co-founder of the Ka Mamala Hoe Canoe Club. “The event was geared toward having fun and introducing them to a little bit of the Hawaiian culture.”

Allegra and her father, Scotty Thompson, have been providing service members and veterans with adaptive outrigger paddling opportunities since 2007.

“We started our partnership eight years ago by a request from friends that are with the Warrior Transition Battalion at Schofield,” said Allegra. “We bring them out here to Keehi Lagoon and work with them on paddling, keeping them tied to the community and to each other.”

British Army Capt. Jonny Silver, anti-tank platoon commander, 1st Battalion Grenadier Guards, and members of his platoon, have been on an expedition across the globe and used the team-building event to partner with the U.S. Army.

“We just arrived in Pearl Harbor. We sailed from Panama by the Galapagos Islands. That’s approximately 5,000 nautical miles; that’s nearly twice the distance from London to New York,” said Silver.

British and U.S. Soldiers were placed together in mixed canoe crews to compete in quarter-mile races. Those who demonstrated the best teamwork were awarded medals.

Send announcements for Soldiers and civilian employees to editor@hawaiiarmyweekly.com

**20 / Tuesday**  
**Education Fair** — Changes are coming to Army tuition assistance and taking effect on or after Feb. 20. Learn more when you attend the next College Education Fair on Schofield Barracks, Wednesday, Feb. 21, between 10 a.m. and 2 p.m., at Yano Hall, Bldg. 560, second floor lobby area of the Education Center.

**27 / Tuesday**  
**Observance** — Attend the Black History Month Observance on Tuesday, Feb. 27, from 1 to 2 p.m., at the Sgt. Smith Theater, Schofield Barracks. The Operations sergeant major from 25th Infantry Division, Sgt. Maj. Reginald W. Butler, will speak. Call Sgt. 1st Class Garcia, 655-0053, for more details.

**Ongoing**  
**Recycling** — Residents and workers are asked to not dump large items on the outside of dumpsters. Unfortunately, items such as barbecue grills, plywood and bed mattresses have been

discarded outside dumpsters, particularly near the southside of Bldg. 310, by the Wheeler Army Airfield dog park.

Please help the Garrison maintain a clean and safe environment around our facilities.

**Soldier Support Center** — The Military Personnel Division’s Soldier Support Center, Bldg. 750, at 673 Ayres Ave., has begun closing on Thursday afternoons for training, system maintenance and administrative transaction processing. Regular hours on Thursdays are from 7:30 a.m. to noon.

Emergency services will remain available in

every section, and this timeframe does not impact Casualty Operations or scheduling for Soldier Readiness Process events at the Conroy Bowl.

**Fort Shafter Dental Clinic** — The Tripler dental clinic has moved to Fort Shafter. It’s now located at Bldg. 339, Montgomery Road, Fort Shafter.

Soldiers may schedule an appointment by calling 438-5554 or 433-5555. Here are office hours:

- Monday, 8 a.m.-3:30 p.m.
- Tuesday through Friday, 7:15 a.m.-4:15 p.m.
- Sick call hours are 9-10:30 a.m., Monday through Friday.

Advisories from Army and Hawaii Department of Transportation (HDOT) sources. Provides traffic, construction and outage information.

**16 / Friday**  
**Extended Work** — A partial lane closure on Chanute Road will be extended to Feb. 16, and roadwork on the right shoulder lane on Wright Avenue will be extended to March 31. Workdays will be from 8 a.m. to 3 p.m., Monday-Saturday.

**17 / Saturday**  
**Lanikai** — Parking re-

strictions will be in place for the Presidents’ Day holiday weekend. The City and County of Honolulu will restrict parking to balance public access to nearby beaches with public safety for the community.

Meanwhile, the completion of the roundabout at the triangle intersection where South Kalaheo Avenue meets Kailua Road near Kalapawai Market should help facilitate traffic flow through the area.

Restrictions follow: No parking on all Lanikai streets/shoulders from 10 a.m. to 3 p.m., Saturday, Sunday and Monday, Feb. 17-19.

Take TheBus Route 70 or call 848-5555.



February 16, 2018

# Scholar Soldier



(Left and bottom) Photos by Kristen Wong, Oahu Publications and (top two) courtesy photos

The Army Education Center at Schofield Barracks has resources to help Soldiers who are pursuing a higher education. It is located on the second floor of the Sgt. Yano building, above the Sgt. Yano Library. (Bottom photo has been altered.)

## Explore the opportunity of a college degree

**KAREN A. IWAMOTO**  
Staff Writer

**SCHOFIELD BARRACKS** — Many Soldiers join the Army with the intent of obtaining a college degree, climbing the promotion ladder and making a relatively effortless transition to civilian life.

But active duty soldiering is a demanding full-time job that can make attending school a less-than-straightforward journey.

The growing availability of online education has helped part-time and nontraditional students reach their goals, but figuring out when, where and how to start can be overwhelming.

The counselors and education specialists at the Army Education Center, here, can help you prepare and develop a plan.

### Extensive resources

The center offers free guidance sessions, tuition assistance information, basic skills classes, learning resources, testing services, classroom reservations, a computer lab, on-site courses from five accredited colleges and more.

"We meet Soldiers at all stages of

their career, from the young 18 year olds who may not think they want to go to school to those who are working on their master's degrees," said Chrissy Morris, education services officer at the Education Center.

Wherever they are in their career, it's almost always beneficial to have a college degree, added Tonya Raukhorst, an education services specialist at the Education Center.

"Say you have two Soldiers with the same level of experience, the same (military occupational specialty) and one of them has a college degree and one of them doesn't," she said. "The one with the degree has an edge."

The degree doesn't have to be a direct interpretation of their military work either, she said, explaining that she has counseled Soldiers who assume they should pursue a degree in law enforcement because that field appears to be most directly related to the military skills they've amassed.

"A lot of the infantrymen, what they're actually getting a lot of, the skill they're receiving the most training in, is leader-

ship," she said. "(It's) basic leadership, advanced leadership, so they could take management classes, maybe go to business school. We can help guide Soldiers into a field that they might not have thought they had the skills for, but they actually do.

"If law enforcement is what they have their heart set on, then OK. We will help them pursue that path. But that isn't the only path available to them."

Once they have begun the education journey, the next challenge is sticking with it.

Because they must also balance military duties, exercises, extra responsibilities and deployments, it's not uncommon for it to take Soldiers eight years or more to graduate, Raukhorst said. But neither is it impossible to graduate on time.

### Soldiering credit

Some colleges accept certain types of military training as college credits, which can help cut down the amount of classroom time, she added.

Soldiers with a college education also receive promotion points, another longer

term benefit of pursuing a higher education.

In the end, a college degree is part of being prepared for an eventual transition to civilian life. While some Soldiers may retire after a full career in the Army, many will leave before that and should be equipped to find work in the civilian world.

The Army's Soldier for Life-Transition Assistance Program is a mandatory program for Soldiers who have served 180 days of continuous active duty service. It works closely with the Education Center to help Soldiers reach career readiness status.

One of the SFL-TAP counselors has a physical office at the Education Center and serves as a bridge between the two programs as they help to prepare Soldiers by guiding them through the process of obtaining a college degree.

SFL-TAP's main message is that Soldiers should begin preparing for their transition sooner rather than later. This is also true for getting a higher education, which gives Soldiers an edge in their career goals.

### Education Fair

The Schofield Barracks Education Center is sponsoring its quarterly Education Fair, hosted by Chaminade University, 10 a.m.-2 p.m., Wednesday, Feb. 21, in the Education Center lobby on the second floor of the Sgt. Yano Hall building. Those interested in learning about higher education opportunities are welcome to attend.

Representatives from the following

institutions will be there:

#### On Post Colleges

- Central Michigan University
- Central Texas College
- Chaminade University
- Hawaii Pacific University
- Wayland Baptist University
- Visiting Schools**
- Argosy University
- American Military University
- Coastline Community College

- Columbia College
- Columbia Southern
- Embry Riddle Aeronautical University
- Excelsior College
- Hawaii Medical College
- University of Hawaii and community colleges
- University of Maryland University College
- University of Oklahoma

### Education Center

The Schofield Barracks Education Center is located on the second floor of Sgt. Yano Hall, Bldg. 560, above the Sgt. Yano Library. It is open from 9 a.m.-5 p.m., Monday-Friday, except on authorized holidays. Call 655-0800 or visit goarmyed.com.







**Briefs**  
**16 / Friday**  
**Acing the Interview** — Prepare to answer the tough interview questions and practice with a mock interview at SB ACS from 1-2 p.m. Call 655-4227.

**It takes Two (For Couples)** — Enhance your relationship by learning skills to improve communication at SB ACS from 11:30 a.m.-1 p.m. Learn about expectations, problem solving techniques, forgiveness and the importance of fun and friendship. Call 655-4227.

**Steakhouse Day** — Enjoy the Grand Buffet plus a fresh grill to plate steak at FS Hale Ikena from 11 a.m.-2 p.m. Call 438-1974.

**17 / Saturday**  
**Boot Camp Training for New Parents** — Class for first-time/expecting parents at SB ACS from 9 a.m.-12:30 p.m. Parents can ask questions and learn practical skills for taking care of the new baby. Call 655-4227.

**Adventure Mountain Bike Level I** — Valentine's Edition offers two for one bike ride to Kaena Point from 8:30 a.m.-12:30 p.m. for \$30. Transportation (up to 12 people) instruction and equipment provided. Sign-up at SB ODR no later than the Thursday before the program. Call 655-0143.

**“Leadership Development”** — One day AFTB Level I workshop held at SB ACS from 8 a.m.-5 p.m. Workshop teaches techniques on how to enhance your leadership skills and communicate effectively as a leader. Class is open to Soldiers and their family members. Call 655-4227.

**19 / Monday**  
**President’s Day** — All public schools are closed.

**20 / Tuesday**  
**Anger & Conflict Solutions** — Prevention program for individuals to learn the basics of anger awareness from noon-1

REGISTER EARLY

**REGISTER TODAY!**  
Register at any Army Physical Fitness Center or online at [HIMWR.com/kolekole10k](http://HIMWR.com/kolekole10k)  
**Call 655-5975 for information**  
• Strollers permitted.  
• Pets not permitted.  
**Registration fee is non-refundable.**

**3rd ANNUAL KOLEKOLE 10K RUN**  
**U.S. ARMY GARRISON, HAWAII**  
**Saturday, March 3 • 7:00a.m.**  
**Leader’s Field, Schofield Barracks**

[HIMWR.com](http://HIMWR.com)

Kolekole 10K is back for the 3rd year. Don’t miss the rare experience of viewing the beautiful Kolekole Pass first hand while running this round-trip 10K! Open to DOD ID Cardholders, sponsored guests and general public with valid ID. All ages welcome.

**COST:**  
• \$30 Early Entry - with a t-shirt. Register by February 11  
• \$35 Late Entry, t-shirt size not guaranteed - Register by March 1.  
• \$35 Race Day registration:  
5:45 - 6:45 a.m. cash only, t-shirt not guaranteed.

**AWARDS:**  
Awards for overall and age group winners (5 year age groups)

**SCHOFIELD BARRACKS** — Registration is underway for the March 3rd annual Kolekole 10k Run at any Army Physical Fitness Center or online at [HIMWR.com](http://HIMWR.com).

p.m. at SB ACS. The class will help participants identify their own personal anger cues and ways to de-escalate conflict situations.

**Toon Time Matinee** — Join SB ACS from 10 a.m.-noon for a free movie, fun and social interaction. Event is for caregivers and their children 0-3. Call 655-4227.

**Your Credit Report and Score** — Held at SB ACS from 10-11:30 a.m. Learn how to increase your credit score and understand what lenders look for. Copy of your credit report required. Call 655-4227.

**21 / Wednesday**  
**Speduction Blitz (IEP Review)** — Held at SB ODR

from 10 a.m.-noon for parents with children who have IEP’s. Call 655-4227.

**Dog Bookmarks** — Activity held at FS Library from 3:30-4:30 p.m. Free while supplies last. Call 438-9521.

**22 / Thursday**  
**Family Support Night** — Join other surviving families from 6-8 p.m. at the SB SOS Center. Dinner will be served. Activities available for all ages. Call 655-4227.

**Coding With Color** — Learn the basics of coding through a fun hands-on activity held at SB Library from 3:30-4:30 p.m. Class is suitable for ages 10-17. Preregistration required. Call 655-8002.

**23 / Friday**  
**Green Card Workshop** — Learn how to navigate the complex immigration system to apply for a green card at SB ACS (Bldg. 690) from 10 a.m.-noon. Workshop will also discuss the Fiancée Visa and Parole in Place process. Call 655-4227.

**Citizenship Workshop** — Held at SB ACS (Bldg. 690) from 12:30-2 p.m. Determine if you have met the permanent resident requirements of immigration law and receive step-by-step instruction on the process of becoming a U.S. citizen. Call 655-4227.

**Parenting 101** — Learn tips and tools for parenting at SB ACS, noon-1 p.m. Call 655-4227.

Send announcements a week prior to publication to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

**16 / Friday**  
**Scholarship Deadline** — DeCa’s application deadline for Scholarships for Military Children is Friday, Feb. 16. The Scholarships for Military Children program is managed by Scholarship Managers, a national, nonprofit organization.

If students have questions about the \$2,000 grant/scholarship program application, they should call Scholarship Managers at 856-616-9311 or email them at [militaryscholar@scholarshipmanagers.com](mailto:militaryscholar@scholarshipmanagers.com).

**Fights and Delights** — Three Chinese Comedies Xiqu (Chinese opera) performed in English, Feb. 16-25, showcasing the vibrancy of traditional Chinese theatre, at University of Hawaii Kennedy Theatre, 1770 East-West Road, Honolulu. Tickets \$5-\$15. Visit [manoa.hawaii.edu](http://manoa.hawaii.edu).

**17 / Saturday**  
**Kolekole Trail** — The Kolekole Trail is open to hiking on Saturday and Sunday.

**University of Hawaii Baseball** — University of Hawaii Rainbow Warriors open the 2018 season with the first game of a weekend four game series against Air Force Academy, 6:35 p.m., at Les Murakami Stadium on the UH-Manoa Campus. Visit [Hawaiiathletics.com](http://Hawaiiathletics.com).

**MMA Fight Night** — NBC Arena hosts MMA and URCC action beginning at 6:30 p.m. Tickets are \$30-\$100.

**Commemoration at Hawaiian Mission Houses** — Hawaiian Mission Houses Historic Site and Archives will celebrate the life of Henry ‘Opukaha’ia, the man who inspired the Sandwich Island Mission, 10 a.m.-4 p.m., when the houses and grounds of Hawaiian Mission Houses will be open to the public free of charge.

House tours will be conducted every half-hour, with the first tour at 11 a.m. and the last tour at 3 p.m. At 10 a.m. historic Kawaiaha’o Church will conduct a special commemorative service followed by lunch and a program across the street. Visit [missionhouses.org](http://missionhouses.org).

**Keiki Great Aloha Run** — Run is scheduled from

8-10:30 a.m. It will start on NBC Exhibition Hall cutout, to Ward Avenue, to King Street, to McKinley High School Parking Lot, to King, to Pensacola Street, to Kapiolani Boulevard, to Ward Avenue, to finish at NBC Exhibition Hall cutout. Email Brent Imonen at [brent@pacificrimsports.com](mailto:brent@pacificrimsports.com). Visit [www.hawaii5210.org/events/6](http://www.hawaii5210.org/events/6).

**18 / Sunday**  
**Chinese New Year** — Bring in good luck and fortune for the Lunar New Year at International Market Place and enjoy a lion dance and photo opportunity from noon to 2 p.m. The marketplace will also feature traditional Chinese calligraphy from 2 to 4 p.m.

Guests can take home a piece of art and luck by selecting a Chinese idiom they wish for the year and having it inscribed by traditional Chinese calligraphers Master Tsui and Madame Chang on red paper, symbolizing good luck. For more information, visit [ShopInternationalMarketPlace.com/ChineseNewYear](http://ShopInternationalMarketPlace.com/ChineseNewYear).

**19 / Monday**  
**Great Aloha Run** — Run is scheduled 6:45 a.m.-noon; starts on Nimitz Highway and finishes in the north end zone of Aloha Stadium. The GAR, an 8.15-mile foot race, begins at Aloha Tower and finishes in the

Aloha Stadium. There are divisions for elites, age groups, wheelchair and hand-cycle competitors, Sounds of Freedom (military running in formation) and those who just want to walk the course with friends and socialize along the way. Contact Brent Imonen at 528-7388. For more info, visit [www.greataloharun.com/](http://www.greataloharun.com/).

**21 / Wednesday**  
**Valentine’s Day Showings** — Romance is in bloom at Consolidated Theatres every Wednesday during the month of February. Ward Theatres will present “Ladies Night” screenings at 7 p.m., with the Valentine’s Day Hana Hou Picture Show at both Ward and ‘Olino offered at 7 p.m. and 10 p.m. in TITAN LUXE. All tickets are priced at \$10 each. February’s features include these:  
•Feb. 21 – “Moulin Rouge!”  
•Feb. 28 – “Breakfast at Tiffany’s.”  
For more information, visit [www.consolidatedtheatres.com](http://www.consolidatedtheatres.com).

**22 / Thursday**  
**Hawaii vs. Long Beach State Basketball** — Tipoff at Stan Sheriff Center is 7 p.m. for this Big West game. For tickets, visit [hawaiiathletics.com](http://hawaiiathletics.com).

See COMMUNITY B-3



Additional religious services, children’s programs, educational services and contact information can be found at <https://www.garrison.hawaii.army.mil/rso/USARHAW%20Chapel%20Services.pdf>.  
AMR: Aliamanu Military Reservation Chapel  
FD: Fort DeRussy Chapel  
HMR: Helemano Chapel  
MPC: Main Post Chapel, Schofield Barracks  
PH: Aloha Jewish Chapel, Pearl Harbor  
SC: Soldiers Chapel, Schofield Barracks  
TAMC: Tripler Army Medical Center Chapel  
WAAF: Wheeler Army Airfield Chapel

**Buddhist Services**  
•First Sunday, 1 p.m. at FD  
•Last Wednesday, 6 p.m. at MPC

**Catholic Mass**  
•Monday-Wednesday, 11:45 a.m. at Soldiers Chapel  
•Thursday, 11:45 a.m. at AMR  
•Wednesday, 5 p.m. at MPC  
•Saturday, 5 p.m. at TAMC  
•Sunday services:  
-8:30 a.m. at AMR  
-10:30 a.m. at MPC  
-11 a.m. at TAMC

**Gospel Worship**  
•Sunday, noon at MPC  
•Sunday, 12:30 p.m. at AMR

**Islamic**  
•Friday, 12:30 p.m. at AMR (Call 477-7647)

**Jewish Shabbat (Sabbath)**  
•Friday, 7:30 p.m. at PH (Call 473-3971)

**Protestant Worship**  
•Sunday Services  
-9 a.m. at MPC (Contemporary)  
-9 a.m. at FD  
-9 a.m. at TAMC  
-10 a.m. at HMR (Contemporary)  
-10:30 a.m. at AMR (Contemporary)  
-11 a.m. at WAAF (Contemporary)



**The Commuter (PG-13)**

Friday, Feb. 16, 7 p.m.

**Paddington 2 (PG)**

Saturday, Feb. 17, 4 p.m.



**12 Strong (R)**

Saturday, Feb. 17, 7 p.m.



**Den of Thieves (R)**

Sunday, Feb. 18, 4 p.m.

Closed Monday through Thursday.

Calendar abbreviations		
8th TSC: 8th Theater Sustainment Command	ASYMCA: Armed Services YMCA	and Recreation
25th ID: 25th Infantry Division	BCT: Brigade Combat Team	FRG: Family Readiness Group
ACS: Army Community Service	CDC: Child Development Center	FS: Fort Shafter
AFAP: Army Family Action Plan	CYSS: Child, Youth and School Services	HMR: Helemano Military Reservation
AFTB: Army Family Team Building	EFMP: Exceptional Family Member Program	IPC: Island Palm Communities
AMR: Aliamanu Military Reservation	FCC: Family Child Care	ODR: Outdoor Recreation
	FMWR: Family and Morale, Welfare	PFC: Physical Fitness Center
		SAC: School Age Center



# Beware the bareness of a life of busyness

**CHAPLAIN (MAJ.) JARED VINEYARD**  
Headquarters and Headquarters Battalion  
25th Infantry Division Chaplain

SCHOFIELD BARRACKS — “Hey sir, are you busy?” How many times have we heard this (or something like this) throughout the day? More importantly, how many times have we thought this: Wow, am I busy’?

While being busy is not necessarily a bad thing, I think that most of us agree that it absolutely can be. So how do you know if you are too busy? How do you know that you simply have more than you can handle?

Recently, I was reminded of a quote



Vineyard

Footsteps in Faith

that I had read awhile back:

“... When we stop caring about the things we care about, that’s a signal we’re too busy. We have let ourselves be consumed by the things that feed the ego but starve the soul. Busyness kills the heart”(Mark Buchanan, *The Rest of God*).

**Busyness**

Feeding the ego and starving the soul? I don’t know about you, but that sounds terrible. Yet, I think that is oftentimes life in today’s Army, life in today’s world: a full plate and a hungry soul, a whole lot of doing and too little being.

So what do we do? What is one to do in a world that doesn’t seem to slow down? Let me offer three suggestions:

- **Prioritize.** The world may not slow down, but we need to from time to time. And when do, we need to think about who or what is most important to us and why. Once we have these priorities, we need to ...
- **Declutter.** Centuries ago, a German writer (Goethe) once said, “Things which matter most must never be at the mercy of things which matter least”

Decluttering is physically getting rid of stuff that we do not need, as well as emotionally getting rid of baggage that holds us down. It is taking events off the calendar that do not match our priorities. Once we begin to declutter our brains and schedules, we then need

to ...

- **Refocus.** We need to refocus and reinvest in the people or priorities that are most important. This might be dating my spouse again, going on “daddy-daughter dates” or “father-son adventures.” It may be spending time praying more and worrying less, helping others or taking time to do self-care.

When we realize what is important through prioritizing and begin to declutter the unnecessary while refocusing on what matters, we can begin to build that necessary resilience of mind and spirit.

We are always going to be busy, the question is ... busy doing what?

I want to challenge you to make the most of the time that you have, not for building the ego, but feeding the soul.

# Caution, when kids are quiet, something’s not right

“Kids?” I’d yelled into our playroom on a regular basis when our children were small. “What’s going on in there?”

Usually, I’d heard roughhousing: giggling, knocks against the wall, creaking couch springs, yips and squeals. You’d think the innocent sounds of our children playing would warm our hearts, but as experienced parents, Francis and I knew that wholesome noises often lead to bonked heads, chipped teeth and poked eyes.

However, there were other times when we hadn’t heard squeals, bumps or creaking floorboards. No singing, hammering, smacking or crying. No Barbies being thrown, sippy cups hitting the floor or lamps getting knocked over.

What we heard was something far more terrifying: total silence.

Let’s face it; kids are noisy. They sniffle, babble, fidget, fiddle, whine and wank. Silence is a clear sign that something’s wrong.

Case in point: One night, when our family was stationed in Virginia, Francis and I let our 5-year-old son, Hayden, and his 2-year-old sister, Anna, watch a video in the playroom before bedtime.

Back in those days, we savored every peaceful second that a half-hour video provided as if it was some kind of luxurious spa treatment. As soon as we popped a tape into the VCR, we would dash down the stairs to melt into our couch cushions. With the doors open, we could hear the murmur of the often-played video and the sounds of our kids tinkering with toys. After countless nights of the same routine, we’d know exactly when our time was up.

But on this night, the half hour flew by without us noticing. Twenty minutes or so after “Arthur” was over, I nudged Francis. “Uh oh ... I don’t hear the kids.”

“Hayden and Anna?” Francis yelled up the playroom stairs. “What’s going on in there?”

Soon, we heard little padded feet scurrying and intermittent giggling. Hayden and Anna slunk downstairs



and appeared before us with their heads bowed in guilt. When they looked up, we saw that they each had green marker scribbled all over their hands and faces.

“What have you two been doing?” we demanded.

Anna’s enormous brown eyes flashed to her older brother.

“Playing,” Hayden said.

“Hayden and Anna, you’re not supposed to use markers on skin,” I scolded.

Reaching for a tub of baby wipes, I noticed green marks on Anna’s neck that dipped below the collar of her footed pajamas. I unzipped her pjs, and gasped.

Anna’s chest, belly, arms, legs, feet, hands and back were a green, inky mess. A quick inspection of Hayden revealed that, other than his green hands, he was marker-free. The culprit was obvious.

“Hayden! Why did you scribble all over your little sister?” Francis pressed.

“Not me,” Hayden shrugged.

“Then how did your name get in the middle of Anna’s back? Do you expect us to believe that she put it there? She can’t even read yet!” I barked.

We looked down at our sheepish kids, realizing that Hayden had pulled off a classic big brother prank on his adoring little sister. Francis and I tried to maintain a serious demeanor, but one side glance at each other was all it took to get us laughing.

Pretty soon, all four of us were cracking up. Anna had no idea what was so funny, but she laughed right along with us.

After a second round of baths to remove the wash-



Photo courtesy of Lisa Smith Molinari

**Lisa Smith Molinari’s then-young children, Anna and Hayden, show their parents why they were being so quiet.**

able marker, we tucked them into bed for the night. We stopped by the playroom to turn out the lights, still smiling about their sweet shenanigans.

The grins drained from our faces when we saw what the kids had really been up to. The tattooing of Anna had just been the icing on the cake. The real masterpiece was in our formerly pale yellow playroom. Somehow, in the time it took for us to realize that the “Arthur” video had ended, Hayden had managed to create a mural of scribbles on all four walls in every color of the rainbow.

And he did it in complete silence.

Whoever said, “Children should be seen, not heard,” clearly wasn’t a parent.”

(Visit Molinari at [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com).)

Community Calendar

CONTINUED FROM B-2

**Wedding Showcase & Tasting** — International Market Place is teaming up with Wedding Week Hawai’i to launch its first-ever Wedding Showcase and Tasting. International Market Place is a one-stop-

shop for weddings. Doors open at 5 p.m. and tickets cost \$85 per person or \$80 per two or more people. Visit [www.shopinternationalmarketplace.com/wedding-showcaseandtasting](http://www.shopinternationalmarketplace.com/wedding-showcaseandtasting).

**Hawaiian Lecture Series** — Six free public lectures, on Feb. 22, and March 1 and 8, will discuss the Battle of Nu’uanu and aspects of Hawaiian culture relating to military campaigns and conquest at

the annual historic preservation “Experts” lecture series. All lectures are open to the public, free of charge, from noon to 1 p.m. at the Cathedral of St. Andrew’s Von Holt Room at 229 Queen Emma Square in Honolulu.

For more information, visit [www.historichawaii.org](http://www.historichawaii.org).

**23 / Friday**

**28th Annual Hawaii Collector’s Expo** — Weekend Expo at Blaisdell Exhibition Hall, located at 777 Ward Ave., begins Friday at 4 p.m. and ends Sunday at 4 p.m. Admission is \$5; free for military ID cardholders. Antiques and more.



# Nursing Science instills culture of inquiry

**MAJ. DEANNA SETTLEMAYER**  
Tripler Army Medical Center

HONOLULU — Tripler Army Medical Center is striving for its Center for Nursing Science and Clinical Inquiry, or CNSCI, to expand its culture of inquiry to all nursing staff.

To achieve this mission, the team is comprised of nurse scientists and clinical nurse specialists (CNS) who are eager to assist and mentor staff.

Here at TAMC, new graduates within the Clinical Nurse Transition Program (CNTP) are exposed to CNSCI staff early on. The staff educates new nurses within the CNTP on evidence-based practices (EBPs) and assists the teams with developing and refining its evidence-based proposals.

To disseminate the results of these projects, CNSCI staff have mentored nurses and assisted them with the submission of abstracts for local conferences and the Dissemination Course of the Tri-Service Nursing Research (TSNR). These efforts have resulted in numerous projects selected for poster and podium presentations.

One such example is a project led by 1st Lt. Brianne Eichmiller using a

behavioral change model for diabetes management. This project changed nursing practice within TAMC, as nursing staff no longer assess blood sugar and administer sliding scale insulin coverage more than 30 minutes prior to mealtime.

“The CNSCI team has been an integral part of my success in the arena of evidence-based practice,” said Eichmiller. “They mentored me in formulating a well-thought-out PICO question through the creation of my first EBP poster.”

PICO is a mnemonic device in the nursing field, which stands for problem, intervention, comparison and outcome.

“With their support and guidance, I have had the opportunity to expand the impact of my project within the hospital and present at three different conferences,” Eichmiller continued.

Lt. Col. Gordon West led a TSNRP-funded research project investigating the amount of bacteria on military uniforms compared to hospital scrubs. Junior nurses will be participating in West’s next research study to assess the effectiveness of a new ultraviolet disinfection device for TAMC’s hand-free



The TAMC assistant clinical nurse and officer in charge of the Orthopedics-Neuro-Vascular Ward, 1st Lt. Brianne Eichmiller, presents a behavioral change model for the diabetes management project at the Tri-Service Nursing Research Dissemination Course, April 2017, in Ellicott City, Maryland.

communication devices.

The team is also currently mentoring two junior nurses developing evidence-based practice projects. The first project

is focused on role identification during hospital codes, and the second EBP project is looking at best practices for narcotic disposal and witnessing waste.

# New TRICARE urgent care allows easier access

**MILITARY HEALTH SYSTEM**  
Communications Division

As of Jan. 1, most TRICARE Prime enrollees no longer need a referral for urgent care visits, and point of service charges no longer apply for an urgent care claim.

This change replaces the previous policy that waived referrals for the first two urgent care visits per year.

Active duty service members (ADSMs) should continue to visit military hospitals and clinics for care. ADSMs enrolled in TRICARE Prime Remote who do not live near a military hospital or clinic do not need a referral when seeking an urgent care visit.

“We wanted our service members’ families and others to have easier access to urgent care,” explained Ken Canestrini, acting director, TRICARE Health Plan within the Defense Health Agency. “Beneficiaries can go visit an urgent care center right away anytime they have a need.”

If you use TRICARE Select or any other TRICARE plan, you may visit any TRICARE-authorized provider, network or non-network, for urgent care.

Urgent care is care you need for a non-emergency illness or injury requiring treatment within 24 hours.

Examples of urgent care conditions include a sprain, rising temperature or sore throat. It isn’t an emergency and doesn’t threaten life, limb or eyesight.

If you’re unsure whether to seek urgent care, call the 24/7 Nurse Advice Line at 1-800-TRICARE (874-2273), Option 1. You’ll speak with a registered nurse who can answer your questions and give advice. The nurse can also assist you with finding a provider and scheduling an appointment.

If you need care after hours, while traveling or if your primary care manager is unavailable, urgent care is a great option. Contact your regional contractor to help you find an appropriate urgent care facility or provider. You may also use the TRICARE provider search tool.

Any TRICARE Overseas Prime enrollees requiring urgent care while TDY or on leave status in the 50 U.S. regions and the District of Columbia, may access urgent care without a referral or an authorization, but the ADSMs must follow-up with their PCM in accordance with applicable DOD and service regulations concerning ADSM care outside MTFs.

This is your benefit. Learn more about the changes and take command of your health.



Courtesy photo

**Need Help?**  
Call the 24/7 Nurse Advice Line at 1-800-TRICARE (874-2273), Option 1 if you are unsure whether to seek urgent care.



## Dental Health Month



February is National Children’s Dental Health Month.

Cavities are one of the most common chronic diseases of children.

Even though tooth decay, or cavities, has been on the decline for the past 30 years, it is still one of the most common chronic diseases for kids from the of age 6 to 19.

Protect your child’s teeth by having your child brush twice a day with a fluoride toothpaste and drink fluoridated water.

The Centers for Disease Control also recommends that your child visit a dentist by the time they are 1 year of age.



**February is National Children’s Dental Health Month. Parents should encourage children to brush their teeth twice a day.**

File photo